

# Sound Christian Counseling, Inc.

**Sound  
Counsel**

## **Be Anxious For Nothing**

Everyone will experience some form of anxiety in their lifetime. Anxiety can be described as worry, nervousness, fear and concern. Most of us tolerate a certain level of anxiety in our lives without concern, such as going on a job interview, or buying a new home. We also expect to feel fearful when confronted by a strange barking dog or watching a scary movie. These and other common worry's are to be expected. When your anxiety becomes constant or results in you limiting your activities, professional intervention may be needed. The most common anxiety disorders include: Social Anxiety– a fear of being around other people. Panic Disorder- a condition where sudden panic can come on without warning. Generalized Anxiety Disorder– when a persons life is filled with worry, anxiety or fear. Phobia– the fear of a situation or object. Obsessive Compulsive Disorder– involves ritualized behavior or anxious thoughts that result in obsessions. Post Traumatic Stress Disorder– severe anxiety caused by a traumatic event. Agoraphobia-fear that prevents one from leaving home. Most people begin to feel better once they receive proper treat-

**Thank you for  
keeping us in  
mind.**

**For an  
Appointment:  
(206)  
762-3007**

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ment. Below are some common treatments for anxiety disorders. Cognitive Therapy-learning to identify and change unproductive thoughts. Behavior Therapy-learning to control unwanted behavior. Relaxation Training- controlled breathing and muscle relaxation. Medication- anti-depressants and anti-anxiety medications to help restore chemical imbalances. If you or someone you know suffers from anxiety, please feel free to contact me for an appointment. *Veronica Rasmussen MSW LICSW*

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